

(Yoga)

Yoga offers tools that anyone can use to improve fitness, circulation, mobility, and a sense of well-being.

This class offers excellent, precise instruction in yoga postures and breathing.

Join us in building strength and flexibility in body, mind, and spirit.

Date: Wednesdays, Starting January 11, 2017
(10 weeks)

Time: 12:30-1:30 p.m.

Cost: \$30 per participant

Instructor: Margaret Cervarich

Open to all, regardless of yoga experience.
Please bring a yoga mat (or you may use a chair).

Urbana Senior Center
9020 Amelung Street, Urbana, MD 21704
(located on the lower level of the Urbana Regional Library)

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